

AMENDMENTS TO THE CLAIMS

The listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

1. **(Currently Amended)** An exercise system comprising:

an exercise apparatus having a level of effort that is adjustable with a resistance producing actuator that is coupled between a body engaging member and a frame of said exercise apparatus, said exercise apparatus providing a scripted virtual personal training experience for a user of said exercise apparatus, said scripted virtual personal training experience comprising timed changes in said level of effort, wherein said scripted virtual personal training experience is modifiable based upon a performance of the user such that said timed changes in said level of effort are automatically adjusted during said scripted virtual personal training experience based upon the performance of the user during the scripted virtual personal training experience, said scripted virtual personal training experience being stored in a memory which is removably engageable with said exercise apparatus, said scripted virtual personal training experience provides warning of an impending change in said level of effort prior to a change in said level of effort, said change in said level of effort being caused by an automated control of said actuator by said exercise apparatus, said scripted virtual personal training experience being modifiable based upon a performance of the user.

2. **(Previously Presented)** An exercise system as recited in claim 1 wherein said exercise apparatus is one of a plurality of exercise apparatus, each of which is in at least part-time communication with a computer that is separated from said exercise apparatus.

3. **(Previously Presented)** An exercise system as recited in claim 1 wherein said scripted virtual personal training experience includes vocal and actuator control data stored in said memory.

4. **(Canceled).**

5. **(Previously Presented)** An exercise system as recited in claim 3 wherein said automated control of said actuator is in accordance with said actuator control data.

6-7. **(Canceled).**

8. **(Presently Presented)** An exercise system as recited in claim 1 wherein said exercise apparatus is selected from the group comprising a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

9-14. **(Canceled).**

15. **(Withdrawn)** A method for creating an exercise experience comprising:
providing a training experience for a user of an exercise apparatus including a vocal forewarning of an impending change in a level of effort required of said user, and automatically changing said level of effort after said vocal forewarning.
16. **(Withdrawn)** A method for creating an exercise experience as recited in claim 15 further comprising establishing a communication linkage including an internet link between said exercise apparatus and a remote system.
17. **(Withdrawn)** A method for creating an exercise experience is recited in claim 15 wherein automatically changing said level of effort includes a changing of an operating parameter of said exercise apparatus in a manner consistent with said vocal warning.

18. **(Currently Amended)** An exercise apparatus comprising:

 a frame;

 a body-engaging member,

 a resistance producing actuator coupled between said frame and said body-engaging member, said actuator being adapted to alter a level of effort required of a user while the user engages said body-engaging member;

 an audio display providing an audible alert of an impending change in a scripted exercise session, wherein said scripted exercise session comprises timed changes in said level of effort required of the user, wherein said scripted exercise session automatically modifies said timed changes in said level of effort based upon a performance of the user while the user performs said scripted exercise session~~that is modifiable based upon a performance of a user of the exercise apparatus~~; and

 an actuator controller coupled to said actuator for implementing said change subsequent to said audible alert.

19. **(Cancelled).**

20. **(Previously Presented)** An exercise apparatus as recited in claim 18 further comprising a visual display displaying images related to said scripted exercise session.

21. **(Previously Presented)** An exercise apparatus as recited in claim 20 wherein said actuator controller is synchronized with at least one of said visual display and said audio display.

22. **(Previously Presented)** An exercise apparatus as recited in claim 21 wherein control signals for at least one of said visual display, said audio display, and said actuator are at least temporarily digitally stored.

23. **(Previously Presented)** An exercise apparatus as recited in claim 18 wherein said exercise apparatus is selected from the group comprising a bicycle, a rowing machine, a step machine, a treadmill, and a resistance trainer.

24. **(Previously Presented)** An exercise apparatus as recited in claim 18 wherein control signals for at least one of said audio display and said actuator are at least temporarily digitally stored.

25. **(Withdrawn)** An exercise apparatus as recited in claim 24 wherein said control signals are stored in a volatile digital storage medium.

26. **(Previously Presented)** An exercise apparatus as recited in claim 24 wherein said control signals are stored in a non-volatile digital storage medium.

27. **(Withdrawn)** An exercise apparatus as recited in claim 26 wherein said non-volatile digital storage medium is a rotary disk digital storage medium.

28. **(Previously Presented)** An exercise apparatus as recited in claim 18 wherein said audio display includes a loudspeaker.

29. **(Withdrawn)** An exercise apparatus as recited in claim 26 wherein said non-volatile digital storage medium is a solid state digital storage memory.